

FALL CREEK THAW 15 K
Saturday, March 1, 2008

Part of the 29th Annual Tennessee State Park Running Tour

FALL CREEK FALLS STATE PARK, Pikeville, TN.

Park info 423-881-5298. Inn, Cabins and Restaurant 424-881-5241.

Directions: Take I-40 to Cookeville. Turn onto Hwy 111 South to Hwy 284 (45 Mi). Follow Hwy 284 to signs for the Inn (8 Mi).

Start at on Landside Cabin Rd. **Finish** at Inn. Race starts at 11:00 A.M. Central Standard Time.

Course: One loop with rolling hills around the Fall Creek Falls State Park with two quarter mile out and back loops at miles 2 and 8. Turn right on Main Park Rd. Turn left on Gorge Scenic Dr (Mi 1) to Piney Creek Falls overlook turnaround (Mi 2), then left on Gorge Scenic Dr. At Falls Creek Falls overlook (Mi 5) turn right across parking lot continuing on Gorge Scenic Dr. At the intersection (Mi 6) turn left on to the bike trail. Turn sharply right across the wooden bridge (Mi 7) and follow the bike trail to Main Park Rd. Turn right across the dam to second turnaround. Return across the dam (Mi 8) and turn left on the lakeshore bike trail to the finish (1.3 miles).

Awards: Special awards to overall, masters (40+), grandmasters (50+), and senior grandmasters (60+). Five-year age groups with 5 awards in each category from under 20 to 75+.

Long Sleeve T-shirt: guaranteed to all pre-registered runners.

Pre-registration deadline: February 23, 2008. Race day registration from 9:30 to 11:00 AM.

Race Directors: Bob and Aggie Alt, MachTenn RC. Ph. (931) 455-3986. Email: Realt@charter.net

Entry Fee: \$15.00 with or \$5.00 without shirt, payable to MachTenn. Race day without shirt \$10.00.

Mail registration to: **Fall Creek Thaw**
210 Lakewood Drive
Tullahoma, TN 37388

[Link to Registration Forms](#)